

Superstar Seniors

SEPTEMBER 2020

R I D G E L A N D R E C R E A T I O N A N D P A R K S

Lynda M. Assink
Senior Adult
Coordinator

P. O. Box 217
Ridgeland, MS
39157

*601-856-6876

*lynda.assink@ridgelandms.org



Masks are
required at the
RRC!

The Ridgeland
Recreational
Center

CLOSED

Monday,

September 7,

for a legal
holiday.



RIDGELAND GARDEN CLUB, TUESDAY, SEPTEMBER 1, 2020 AT

10:00 A.M. To ensure safety for everyone, the Ridgeland Garden Club is meeting outside at the RRC's carport. There's a large shade tree next to it. We will meet a little earlier (10:00 a.m.) to beat the heat and have light refreshments. This month the program will be "Show and Tell." Members will create a craft and share it with the group. It will be a fun time sharing delightful craft ideas. Please email our president, Joy Ellis at flowerlady243@gmail.com for more information.

FREE 30-MINUTE ONLINE SPANISH CLASS, WEDNESDAY, SEPTEMBER 2, 11:00 A.M.

You are invited to join a free online, interactive Spanish class. You will learn and practice useful phrases in Spanish and have lots of fun! Dinorah Nations is your instructor. She currently teaches our intermediate Spanish class. Reserve your spot by calling or texting Dinorah at 601-497-7788 or email: dinorah.nations@gmail.com.

LISA'S EXERCISE & FITNESS ZOOM CLASS, MONDAYS, WEDNESDAYS, FRIDAYS, AT 10:00 A.M., COST: \$20/MONTH

Lisa is giving a great workout that builds each week for optimum health and fitness. You can exercise in your own home and don't have to wear a mask! She also will email videos of the workouts to her participants. This way they have a workout available whenever they have to miss class. *To register, please call or email me. To pay for Lisa's class, make out your check to RR&P, and mail to:

RR&P
P. O. Box 217
Ridgeland, MS 39157

SENIOR FIT CLUB 1 (12:30—1:15 P.M.) AND THE COMPLETE MIX, (1:30—2:30 P.M.) ON RIDGELAND RECREATION & PARKS' FACEBOOK LIVE

Thank you for participating in our online classes. We will have a couple of incentives this month to keep you exercising.

1. A "SPONSOR CATCH PHRASE" CONTEST— Listen for the "SPONSOR-CATCH PHRASE" - the **FIRST** person who types in our "SPONSOR'S NAME" in the comment section of our FB page will receive a prize.
2. "LIKE CONTEST" - At the end of the month, the top 5 participants who have the most "likes" will receive a free month's class when we open again.

See you on Zoom or Facebook in September!

Lynda Assink
Senior Adult Coordinator
Ridgeland Recreation & Parks

* DUE TO COVID-19, SOME PROGRAMS ARE CANCELLED FOR A BRIEF TIME.

Weekly Programs

Beginning Conversational Spanish - Wednesdays, 11:30 a.m.—12:30 p.m., Instructor: Dinorah Nations, Cost: \$65 for 4 classes.

Exercise - \$10/month, Monday, Wednesday, Friday, Instructors: Lynda Assink, Lisa Newman, and Rita Latham, 9:00 - 10:00 a.m., 10:00 a.m. - 11:00 a.m.

Fitness for Everyone—\$10/month, Instructor: Sally Holly, Tuesdays and Thursdays, 9:00-10:00a.m.

Line Dance Class - \$10/class or \$40/month, Mondays, Instructor: Darlene Epple, Beginners at 6:00 – 7:00 p.m. Advanced—5:00—6:00 p.m.

Day-time Beginning Line Dance Class—\$10/class, Wednesdays, Instructor: Darlene Epple, 2:30 p.m.—3:30 p.m.

Men's Bible Study - (Free) Tuesdays, 9:00 - 10:30 a.m.

Men's Agape Coffee Group - (Free) A group of men who meet together for coffee, friendship, and good conversation, Wednesdays, 9:30 - 11:30 a.m.

Martial Arts for Seniors—Tuesday & Thursdays, 10-11 a.m., Cost: \$10/month

Painting Pals - (Free) Tuesdays, 1:30—3:00 p.m.

Restoration & Relaxation Gentle Yoga—\$35 for 6 (30-minute) classes or \$8/class, Instructor: Lisa Newman, Monday and Fridays, 11:00 —11:30 a.m.

Yoga for Flexibility, Fitness, and Fun—\$35 for 6 (30-minute) classes or \$8/class /class, Instructor: Lisa Newman, Monday and Fridays, 11:30—12:00 p.m.

Program Price for both yoga classes: \$55 for 6 (1 hour) classes

Senior Fit 1—\$10/month, Instructor: Sally Holly, Mondays and Wednesdays, 12:30 p.m.—1:15 p.m.

The Complete Mix—\$10/month, Instructor: Sally Holly, Monday and Wednesdays, 1:30-2:30 p.m.

Beginning Tap Dancing—\$5/class, Instructor: Sally Holly, Mondays, 3:30—4:30 p.m.

Tap Dancing—\$5/class, Instructor: Sally Holly, Mondays, Beginners 3:30-4:30 p.m., Intermediate 2:30—3:30 p.m.

Yogilates—\$10/class, or \$30/month Instructor Jean Powers, Thursdays, 4:00-5:00 p.m.

Monthly Programs:

Garden Club - \$20/year, 1st Tuesday of the month, September—May, 11:30 - 1:00 p.m.

SEPTEMBER 2020

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	<p>1 10-11 Martial Arts 10-11:30 Painting Pals 10:00 Garden Club in carport of RRC</p>	<p>2 9:30 Men's Agape Coffee Group 10-11 Lisa's Zoom Exercise Class 11:30-12:00 FREE ZOOM SPANISH CLASS 12:30-1:15 FB LIVE Senior Fit 1 1:30—2:30 FB LIVE The Complete Mix 2:30-3:30 Beginning Line Dancing</p>	<p>3 10-11 Martial Arts</p>	<p>4 10-11 Lisa's Zoom Exercise Class</p>
<p>7 HOLIDAY!!</p>	<p>8 10-11 Martial Arts 10-11:30 Painting Pals</p>	<p>9 9:30 Men's Agape Coffee Group 10-11 Lisa's Zoom Exercise Class 11:30-12:30 Zoom Beg. Spanish 12:30-1:15 FB LIVE Senior Fit 1 1:30—2:30 FB LIVE The Complete Mix 2:30-3:30 Beginning Line Dancing</p>	<p>10 10-11 Martial Arts</p>	<p>11 10-11 Lisa's Zoom Exercise Class</p>
<p>14 10-11 Lisa's Zoom Exercise Class 12:30-1:15 FB LIVE Senior Fit 1 1:30-2:30 FB LIVE The Complete Mix 2:30-3:30 Tap 3:30-4:30 Beg. Tap 6:00 Line Dancing</p>	<p>15 10-11 Martial Arts 10-11:30 Painting Pals</p>	<p>16 9:30 Men's Agape Coffee Group 10-11 Lisa's Zoom Exercise Class 11:30-12:30 Zoom Beg. Spanish 12:30-1:15 FB LIVE Senior Fit 1 1:30—2:30 FB LIVE The Complete Mix 2:30-3:30 Beginning Line Dancing</p>	<p>17 10-11 Martial Arts</p>	<p>18 10-11 Lisa's Zoom Exercise Class</p>
<p>21 10-11 Lisa's Zoom Exercise Class 12:30-1:15 FB LIVE Senior Fit 1 1:30-2:30 FB LIVE The Complete Mix 2:30-3:30 Tap 3:30-4:30 Beg. Tap 6:00 Line Dancing</p>	<p>22 10-11 Martial Arts 10-11:30 Painting Pals</p>	<p>23 9:30 Men's Agape Coffee Group 10-11 Lisa's Zoom Exercise Class 11:30-12:30 Zoom Beg Spanish 12:30-1:15 FB LIVE Senior Fit 1 1:30—2:30 FB LIVE The Complete Mix 2:30-3:30 Beginning Line Dancing</p>	<p>24 10-11 Martial Arts</p>	<p>25 10-11 Lisa's Zoom Exercise Class</p>
<p>28 10-11 Lisa's Zoom Exercise Class 12:30-1:15 FB LIVE Senior Fit 1 1:30-2:30 FB LIVE The Complete Mix 2:30-3:30 Tap 3:30-4:30 Beg. Tap 6:00 Line Dancing</p>	<p>29 10-11 Martial Arts 10-11:30 Painting Pals</p>	<p>30 9:30 Men's Agape Coffee Group 10-11 Lisa's Zoom Exercise Class 11:30-12:30 Zoom Beg Spanish 12:30—1:15 FB LIVE Senior Fit 1 1:30-2:30 FB LIVE The Complete Mix 2:30-3:30 Beginning Line Dancing</p>		

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RIDGELAND



recreation & parks

304 Highway 51
Post Office Box 217
Ridgeland, Mississippi 39158
Phone: 601-856-6876
Phone: 601-853-2011

Lynda McMahan Assink
Senior Adult Coordinator

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